My Nutrition Diary twinkl

Nutrient	Found in (examples)	What it does/they do
carbohydrates	PASTA	provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats	PLAIN NUTS	provide energy
vitamins	PLAIN NUTS	keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste